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JANET NIEDZWIEDZ
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Bylaw passes despite outspoken opposition

SARAH FERGUSON
PelhamNews Staff

PELHAM — Despite the cold chill in the air, about 40 residents stood outside of town hall Monday in opposition to an environmental protection bylaw, formerly known as a site alteration bylaw.

It's a bylaw which has been a contentious issue in Pelham for a few years now and it was up for ratification during Monday's council meeting.

Among the protesters was Larry Stogryn, whose berm activities had stirred the question of whether or not a bylaw was needed initially.

see Bylaw | Page 2



SARAH FERGUSON Staff Photo

About 30 to 40 protestors stand outside Pelham town hall on Monday expressing their opposition to an environmental protection bylaw council was considering during its meeting. The bylaw was approved by council.

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■ BYLAW

Surprise enforcement visits not happening

FROM PAGE 1

He said he hoped council would defer the motion and work on the bylaw but the bylaw was approved by councillors by a 4-2 vote in favour.

Council heard several delegations speak on the matter including Gregory Suk of South Pelham Nursery, who said he understood the importance of protecting land, but was concerned about the proposed bylaw because it could mean studies would have to be done and permits or inspections would be needed for him to carry out his businesses.

The bylaw could have potential costs for a project that would be "too expensive," he said.

Louis Damm, of Floral Dimensions Flower Farm in Pelham, said the bylaw duplicates existing regulations, including regulations set out by the Ontario Ministry of the Environment. He was concerned "the town is treading into some territory they do not understand."

Damm said he was worried that bylaw inspectors would be allowed to enter a farm without prior notification.

"It's a clever new title but it's the same old problem," Damm said about the bylaw's new name.

Before voting on the bylaw, Ward 2 Coun. Gary Accursi asked that fellow councillors



In a broad context, it means that people are not allowed to pollute."

Darren Ottaway

move in-camera to receive legal counsel from the town's lawyer who was in attendance at the meeting.

After 45 minutes, council returned from the closed session but before they voted, chief administrative officer Darren Ottaway was asked by councillors to address a few of the delegation's concerns.

Ottaway said there are no fees or permits in the bylaw for normal farm practices, which are exempt from the bylaw.

Ottaway said normal farm practices included changing grade of land, moving soil elsewhere on property as well as cleaning out ponds.

Ottaway said there will be no unscrupulous surprise visits by any bylaw enforcement officers.

"The bylaw does duplicate provincial legislation in a broad context, it means that people are not allowed to pollute," he said.

"However, this bylaw is specific to certain activities not covered under provincial legislation," he added.

■ **HEALTH:** Registry could save lives and money

Welland MP Allen proposes national organ donor registry

SARAH FERGUSON
PelhamNews Staff

WELLAND — If a pan-Canadian Organ Donor Registry was established, Malcolm Allen believes hundreds of lives could potentially be saved.

The New Democrat MP from Welland introduced a private members bill last Wednesday for a national Canadian organ donation registry which calls for increased coordination and promotion of organ donations throughout Canada.

"Over 4,000 people in the country are waiting for an organ. Over time, we see folks succumb to illness because there is no match for them," Allen said.

The Canadian Transplant Association, a registered charitable organization that promotes organ and tissue donation, sees a national registry as "a piece of the puzzle," he added.



Allen

HOW DONATIONS HELP

Organ and tissue donations help in several ways:

■ Transplants save lives and return recipients to their productive lives.

■ It is often the only treatment option for people who have damaged organs related to injury or disease, who would otherwise die.

■ Eye donation restores sight after disease, injury or congenital blindness has occurred.

■ Hearts donated for heart valve repair birth defects in children and adults.

■ Skin donation provides life-saving wound covering for burns.

Although some provinces have their own registries, not all provinces have one and there is no national database which connects provinces and territories across Canada — often people are left waiting even if organs are available for donation in other parts of the country, he said.

Allen said organ donation can be a difficult subject because the people giving their organs may have died. What he intends with his bill is to see the country share organ information. Allen gave the example of an organ such as a heart or a kidney that becomes available in one province

and there aren't any matching recipients — that organ could save the life of someone else in another province.

"The thing we need to do is to match the two groups in a way that respects the donor and the recipient."

At times, donors aren't able to fulfill their wish of giving their organs once they die because there isn't a recipient that matches. Allen said the national registry would help make many organ donors' wishes come true.

A national registry would reduce provincial health care costs because the registry would make it easier to connect



Over 4,000 people in the country are waiting for an organ. Over time, we see folks succumb to illness because there is no match for them."

Malcolm Allen, MP

donors with recipients while addressing the disparities in wait times and increase the supply of donor organs and tissues, he said.

According to the Canadian Organ Replacement Register, of 4,000 Canadians waiting for an organ or tissue transplant, 1,500 of those people live in Ontario alone.

As Canada's population continues to age, Allen said the demand for organ and tissue donations is expected to increase.

For more information about registering to be a donor in Ontario, please visit www.beadonor.ca or call 1-800-263-2833.

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■ **MAPLE SYRUP:** Free family activities

Sweet spring treat aids children's program

SARAH FERGUSON
PelhamNews Staff

Perhaps what makes Agape Valley Sugar Bush so sweet is the volunteers who teach visitors about a very special treat — maple syrup.

The small farm nestled on Kilman Road in Fonthill is open for the month of March on the weekends, during March Break and Good Friday and celebrated its season opening this past Saturday.

There is plenty of entertainment for the family including shuttled hayrides, indoor sugar bush tours, pioneer site demonstrations and outdoor activities — all of them free.

That's because the sugar bush is intended to raise money through the sales of pancakes from the pancake house as well as maple syrup and honey, said Niagara Shorthills Christian Ministries president Tim Hartwick.

He said the land was purchased 20 years ago and the organization was formed to care for the land and to operate the Agape Valley Christian day camp. All funds raised through the sugar bush go toward providing children the opportunity to attend the camp, he said.

And it couldn't be done without the help of about 50 volunteers who return year after year because they have a passion for children and enjoy maple syrup.

"Everybody is a volunteer. Some take people on tours and show people who visit the sugar bush how we make maple syrup right here, others help make the syrup, and there's girls in the pancake house serving them."

Hartwick said the volunteers also have a passion for teaching others how maple syrup is made.

Tour guide Bruce Drennon, who has been vol-

unteering at Agape Valley for six years, said about 50 tours are given each weekend the sugar bush is open.

One of the tidbits people learn is that it takes 40 litres of sap to make one litre of maple syrup — Agape Valley Sugar Bush produces between 400 to 500 gallons of syrup a year, he said.

He said the reason volunteers return year after year is because of the end result — because it's all for the children, he said.

Agape Valley will be open 8:30 a.m. to 3 p.m. every Saturday in March and open weekdays during March break.

Schools and youth groups are also welcome to reserve tours of Agape Valley Sugar Bush.

For more information about Agape Valley at 392 Kilman Rd., call 905-892-4273.

*sarah.ferguson@sunmedia.ca
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SARAH FERGUSON Staff Photo

Volunteer Dave Heinen. fills maple syrup bottles at Agape Valley sugar bush facility on Saturday.

■ **MAPLE SYRUP:** A tasty treat

Maple syrup: Niagara's gift to your pantry

LAURIE SADOWSKI,
For PelhamNews

When you hear the word "sugar," it's often associated with all the negative affects that come with it -- obesity, heart disease, diabetes.

But for most folks, enjoying it in moderation is key, and there are plenty of natural options that outdo anything artificial.

Even better, one of them flows from the trees of Niagara and comes in so many varieties, you'll never grow bored of its distinct taste.

Enter maple syrup.

Niagara's gift to your pantry.

So much more than a pancake topper, local maple syrup is made at White Meadows Farms, selling products you won't see at the grocery store.

If you're a maple manne like me, you'll be in a personal culinary paradise once you step through the doors of their shop.

Most grocery stores only stock a basic grade B variety of maple syrup. However, it's a little too mundane for me when stronger grades are available.

Locally, we have a wider

array of grades, from extra-light to dark, all of which start with colourful, flavourless maple sap coming from the maple tree.

For those who love a rich maple flavor, I suggest getting their hands on dark syrup.

Dark maple syrup is harvested at the end of the maple season, and has a more pronounced maple taste. My favourite ways to use it: poured atop roasted root vegetables, drizzled on baked apples and pears, added to a spicy chili and used to sweeten up a soy nut snack (below).

Maple syrup also works

well in baked goods, though because it is a liquid sweetener, the general rule of thumb is to use about ¾ cup (180mL) of maple syrup for every one cup (250mL) of sugar called for, and reduce other liquids in the recipe by three tablespoons (45mL).

I'm a big fan of the combination of sweet and savory together, and White Meadows Farms sells a unique mustard that is made in their kitchen.

They recommend going beyond the sandwich and using it as a glaze or marinade, and it's excellent for frying with tofu and tempeh

as well. It dresses up roasted fingerling potatoes (below), adds a little extra to coleslaw and is addictive when stirred up with chickpeas, tahini, and roasted garlic for a twist on hummus.

But as a baker, I can't ignore my all-time favourite product: pure maple sugar. This granulated form of maple syrup can easily be substituted for refined white or brown sugar. Because it is sweeter, you can use less than you normally would in a recipe.

It imparts a pleasant maple flavor -- though depending

on the other ingredients, it might be masked. It also dissolves in most liquids, making it ideal for smoothies, hot chocolate, and sauces.

When it comes to maple syrup, the benefits over refined sugar just can't be ignored. It contains more than 54 cell-protecting antioxidants, including a type of lignans (also found in flax), stilbene (similar to the key antioxidant found in red wine), and phenolic acid (which berries and coffee are known for).

see RECIPE | page 8

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Angus Scott, Editor



No savings for taxpayers if Page not replaced

When Parliamentary Budget Officer Kevin Page steps down this month at the end of his five-year mandate, the Harper government had best fill his boots with someone as subservient.

Obviously the Conservatives didn't foresee what a pain in the butt he'd become when they created his office as part of the 2006 Federal Accountability Act.

They didn't get a lap dog.

Instead, they got a watchdog loyal to its actual master, the taxpayers of Canada.

Page took the Harper government to task for its wild underestimations on the cost of war in Afghanistan, the F-35 fighter-jet project, the actual size of the deficit, and its claim that Old Age Security was somehow unsustainable. In all cases, he was right.

And who could forget his December report showing Canadian taxpayers were paying an average of \$114,100 in compensation for each of the country's 375,000 full-time federal employees, accounting for 40% of all program spending?

Until Page came along, successive federal governments had kept a lock on salary averages, rightly fearing the public outcry.

It is disconcerting, therefore, to hear many a rumour coming out of the PMO as to who might be appointed to replace Page.

What we would like to see is Harper acknowledging the success of Page's appointment, despite the political heat his government has taken from his office, and appoint a successor with the same spine and determination to serve the public.

Or, better still, immediately reappoint Page to a second term, and take the lumps as they come, and even back NDP Leader Thomas Mulcair's private member's bill to give Page added data access and protection from political interference.

This would show true political leadership, and a continuance of the kind of independent fiscal oversight that puts the taxpayer first and political partisanship a distant second. To appoint no one, however, and then spin the tale that Page's position was eliminated as some kind of mystery measure, or something just as ridiculous, would be blowing smoke.

To the beleaguered Canadian taxpayers, Kevin Page has been a knight in shining armour.

—We have many of those.

—Sun Media

■ COLUMN

Location for Riehl Skatepark decided

On Thursday, Feb. 21, five Staff and I lead 23 members of the community through a creative problem solving process, the Simplicity Thinking System to determine the preferred location for the Riehl Skatepark.

The working group included Bonita and Ted Riehl; Mariah Hunz; youth and adult skate boarders; a local Aviva Insurance Broker; and representatives from the Mayor's Youth Advisory Council; Niagara Regional Police; Pelham Youth Soccer Club; Pelham Minor Baseball; Pelham Sloptch; Bandshell Committee; Pelham Tennis Association; and local Service Clubs.

After discussing facts about the skatepark, the working group using maps and post-it notes to suggest 15 potential locations: Harold Black Park - Soccer Field; Arena Park - Multi Purpose Court; Harold Black Park - near Storm Water Detention Pond; Arena Park - south of driveway, east of arena; Centennial Park - ball diamond #3; Marlene Stewart Street Park - asphalt pad behind pool building; town owned lands in East Fonthill Peace Park - Adjacent to Professional Arts Building; Glynn A School - near soccer field/Steve Bauer



DAVE
AUGUSTYN

MAYORAL VIEW

Trail; Marlene Stewart Street Park - near entrance to John Nerry Trail; Woodstream Park - wooded area; Centennial Park - east of furthest parking lot; Gord Klager Fonthill Lions Park - tennis courts; Arena Park - north of paddle tennis facility; Centennial Park - front passive area at Church Street

With these potential locations in mind, each of three small-groups brainstormed and then short-listed the best criteria to evaluate the locations. The group results were combined, and further "converged" by everyone into seven criteria: Safe access - getting to and from the park, EMS and police access, near majority of town population; available public washrooms and other infrastructure; Isaac would have approved and it will increase civic pride; minimal impact on others (park users and neighbours); highly visible (for police, eyes

on park) and able to be lighted; enough physical space - minimum 110' x 110' and potential for expansion; Favourable terrain/topography;

Each small group used the seven criteria to evaluate the 15 locations.

The result? Consensus on one location - the soccer field at Harold Black Park.

What will happen to those that currently use this improperly sized soccer field? While the lights will stay for the skatepark, staff and Pelham Soccer have recommended that the town advance the planned 2014 construction of a new soccer field and parking lot as envisioned in the Centennial Park master plan. This can be paid for by delaying the construction of a Central Park Building and lighting Ball Diamond #2.

Thanks to all who participated in and facilitated the special workshop; you proved the Ghanaian proverb true: "One head does not contain all the wisdom."

You can contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

■ COLUMN

Region health department expanding its role

Reviewers of the Niagara region's website, www.niagara-region.ca, may already be familiar with the Niagara Infodine program.

It is the Public Health Department's online disclosure system for food premises inspections. All Public Health inspections and orders against a facility will be retained on the site for a period of six months from the date of the order. All inspections of the site will be retained for a period of one year.

Staff are currently developing a mobile application which will expand the ability to access this information from anywhere on smartphones, tablets and computers. This method of providing the public with information has been appreciated over the last few years and is seen to be more current and manageable compared to notice postings on the windows or doors of the premises.

Building on the success of the Niagara Infodine program, the Public Health Department has been approved by the Public Health and Social Services Committee and Regional Council to



BRIAN
BATY

REGIONAL COUNCIL VIEW

expand its public communication role to the broad range of personal services settings. These include, but are not limited to, tattoo shops, body piercing shops, nail salons, hairdressing shops, barber shops, esthetician studios and tanning salons. There has been an increasing trend in the public use of these facilities in recent years. In addition, there has been an increasing diversity of the services being offered, such as colonic cleansing, salt purification, detoxification through ionic baths, deprivation tanks, microdermabrasion, full body immersion tubs, teeth whitening and ear candling. Some individuals seek out services that lead to mutilation like branding and scarification. In 2012, there were 650 facilities with this range

of services. One hundred percent were inspected with twenty-three percent requiring re-inspections

Due to the diversity of services, the online information will be on two sites: Niagara Infodine and Niagara InfoLeauity. Prior to the proposed launch date in late April, an information booklet will be distributed to all operations outlining the program as well as references provided for information related to their particular practice. The program will be promoted to the public prior to the online launch. These public information sites were supported by more than 80% of citizens engaged in a public survey with the majority favouring online disclosure over other methods. 89% agreed that a disclosure system will assist the public in making informed decisions, improve infection control and sanitation standards, raise awareness of possible infections and reduce the number of bloodborne and other infections.

Brian Baty is a Niagara Regional Councilor for the Town of Pelham and the Co-Chair of the Public Health & Social Services Committee



MARYANNE FIRTH Staff Photo

On behalf of the Ontario Community Newspapers Association, Tribune managing editor Angus Scott presents a 2012 junior citizen of the year award to Pelham's Nikki Sohi.

■ **LAURELS:** Nikki Sohi recognized by OCNA

Crossley teen is selected junior citizen of the year

SARAH FERGUSON
PelhamNews Staff

Nikki Sohi is a dedicated and socially aware teenager who excels in academics and athletics.

She has also been named a 2012 Ontario junior citizen of the year by the Ontario Community Newspapers Association. The 16-year-old E.L.

Crossley student was nominated by a former teacher, Martin Triano of A.K. Wigg Public School. In his nomination, Triano wrote of Sohi: "She has a positive attitude and enthusiasm for all that she undertakes. She accepts all challenges and helps to rally others toward a cause with her positive energy."

In addition to organizing fundraisers for Pelham Cares and the Rankin Run For Cancer, Sohi excels in school, with a Grade 9 average of 94% and with a Grade 5 level with honours in piano from the Royal Conservatory of music. She teaches piano to three students.

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In 1888 Berlin physician Ludwig Brieger coined the word 'toxin' to refer to poisons created within the body. Those toxins appear in your cells no matter how pure a life you lead. The very act of living, eating and breathing makes their presence inevitable.

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Many parts of the body participate in the process of toxin cleansing. All of our organs need to function well to effectively cleanse your body of toxins. Lungs, the kidneys, the bladder, the small and large intestines, colon, liver and gall bladder—all of these organs work together to eliminate toxins. When they don't do their job, toxins



remain in your cells and can cause illness and disease.

In addition, your body also has to deal with external toxins, including industrial waste, automobile exhaust, harmful pesticides, and other environmental toxins.

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■ FUNDRAISER: Sobeys sponsors event

Putting for nutrition

SARAH FERGUSON
PelhamNews Staff

About 216 golfers will be hitting the links at Peninsula Lakes Golf Club to participate in the first Sobeys Charity Golf Tournament.

The tournament will support the Niagara Nutrition Partners, an initiative that provides nutrition programs in elementary and secondary schools in the Niagara region, as well as the Notre Dame College School athletics program, said co-organizer Giulio Rocca.

"It's a very good cause we're supporting. The most important part of all of this is that we support children. Doing all we can for kids is of the utmost importance for them to have a better life and a better future."

The first tournament, which Rocca said he expects will become an annual event, is sponsored by all of the Sobeys stores in the Niagara region.

The fee to participate in the scramble format is a \$155 donation per player. The fee includes 18 holes of golf, cart, range balls, dinner and

FORE!

Who: Sobeys of FortHill, Welland and Fort Erie

What: sponsoring the Sobeys Charity Golf Tournament

When: June 24 at 12:30 p.m.

Where: Peninsula Lakes Golf Club

prizes.

"What people should know is there is a chance to win a prize of up to \$100,000," Rocca said, referring to the potential top prize for a hole in one.

Rocca also said if people would like to just attend the dinner portion of the event, he would entertain the idea and welcome individuals to help support the cause.

For more information about the tournament, or to register or become a sponsor, visit online at www.groc-cagroup.com.

sarah.ferguson@sunmedia.ca



SARAH FERGUSON Staff Photo

Pictured from left to right, co-organizers Claude Denoncourt and Giulio Rocca with FortHill Sobeys owner Ron Kore, Fort Erie Sobeys owner Kevin Siddall and Welland Sobeys owner Mike Zolli invite the public to participate in a charity golf tournament June 24 sponsored by all Sobeys stores in Niagara region to support Niagara Nutrition Partners and Notre Dame Athletics program.

**If you have a story idea or see news
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For more information contact Julie Cook at (905)892-2607, ext. 329

Women's Skinny Hockey - \$5.50 per drop in

Monday, Mar 11th 9:30am - 10:30 am

Men's Skinny Hockey - \$5.50 per drop in

Friday Mar 8th 9:30am - 10:30am

Tuesday Mar 12th 9:30am - 10:30am

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Sunday Mar 10th 1:00pm - 2:30am

Monday Mar 11th 11:00am - 12:00am

Tuesday Mar 12th 11:00pm - 12:00pm

Wednesday Mar 13th 7:30pm - 8:30pm

Wednesday Mar 13th 11:00pm - 12:00am

Thursday Mar 14th 11:00pm - 12:00pm

Parent/ Preschool Skate

Friday Mar 8th 10:00am - 11:00am

Tuesday Mar 12th 1:00pm - 2:00pm

Adult Skate

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Make 6 unique cards spring cards using a variety of techniques and materials; die cuts, embossing with cheek highlights, paper layering, stamping and various embellishments. Kits will be available for purchase should you wish to make additional cards. Tues., Mar. 19 from 10:00 - 12:00. Cost is \$10.00. Register ahead.

Symbols of the White Dove

Local author/artist Vanessa Brownbridge offers viewers of her paintings a unique opportunity to experience the moving, vibrant, scintillating images and energetic impressions of the Goddess and the Angels. Vanessa will share some of the wisdom and messages pertaining to what she sees and has been guided to channel. Books available for \$60. Wed., Mar. 20 at 7:30 p.m. \$4. Register ahead. Pelham Public Library.

The Niagara Handweavers & Spinners Guild will be spinning in the Festival Room on Sat., Mar. 23 from 10 - 2. Drop in to watch. Free. Pelham Public Library.**Clothing Sale**

Mon. April 8th - Sat. April 13th

All styles and sizes of clothing for men, women and children being accepted.

Go Crazy at the Library this March Break

Pre-registration is required for all programs

Crazy for Shrek - Mon. Mar. 11th 10:30am - 11:30am - Tues at 10:30 am; Crazy Tr's - Wed at 10:30 am; Crazy for Cupcakes - Wed at 1pm; Crazy Curly Scarf Making - Wed at 3pm; Crazy for the Zoo - Thurs at 10:30 am; Owl Crazy - Thurs at 1pm.

ONGOING**Knit Wits - Knitting Club**

Work on your present project while spending time with other knitters. All levels are welcome. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1-3. Begins Jan. 4. \$2.00 includes refreshments. Drop in.

Meditation Morning

Marcia leads you through different types of meditations for stress relief and focus. Great for beginners and those who have meditated before. For fun, learn what the symbols from your creative visualization mean. Bring a pen and notebook. \$3.00. Please register ahead. Sat. Feb 9 Mar 2. 9:30-11:30am.

Drop-in Bridge

Alternative Bridgeplayers. 1:00-3:00 p.m. Come alone or with a friend. Refreshments. Monthly schedule available at front desk. Pelham Public Library.

Monthly Hearing Clinic

Connect Hearing will be here at the Pelham Branch giving free hearing screenings. They will be able to answer any questions about various hearing issues. Free but please schedule your appointment at: 905-892-6068. Feb. 4. 10:00am - 1:00pm

GENERAL INFORMATION**Summerfest 2013**It's never too early to start thinking about Pelham's summer fun festival! Check out the updates at www.pelhamsummerfest.ca. Art show, vendor and sponsorship applications are now available on-line.**"Town of Pelham - RESERVE CROSSING GUARDS"**

There is an immediate need for reserve school crossing guards to relieve the regular guards during periods of illness and vacation. The position has an hourly pay rate of \$12.98 per hour.

Persons interested in becoming a reserve school crossing guard can pick up an application form in the Recreation, Culture & Wellness Department (20 Pelham Town Square).

Overnight Parking

Please be reminded By-Law No. 89-2000 as amended by By-Law #2054(2003) prohibits parking on all roads and streets in the Town of Pelham, except Church Hill from 2:00am to 6:00am from November 1 to March 31.

Removal of Snow and Ice From Sidewalks

Please be reminded By-Law No. 3184 (2011) requires that, after the effective end of any winter precipitation event, the owner or occupant of every occupied building and the owner of every unoccupied building and the owner of every parcel of vacant land, shall clear away and remove, or cause to be cleared away and removed, snow and ice from the sidewalk to a clear condition within twenty-four (24) hours. Please take steps to ensure that you are in compliance with the by-law.

Town of Pelham - SHOW ANGEL PROGRAM

The Town of Pelham in partnership with Pelham Cares Inc. offers a volunteer snow/ice removal service for persons within the Town of Pelham urban areas' living with physical disabilities who are incapable of carrying out sidewalk snow/ice removal at their place of residence.

Volunteers will have 24 hours to clear the snow/ice following the effective end of any winter precipitation event (winter precipitation event means snow, freezing rain or hail that leaves any accumulation of snow/ice on the sidewalk). Volunteers will remove snow/ice from the municipal sidewalk and the window let at driveway entrances by snowplows during snow clearing operations.

Application forms for residents and volunteers are available on the Town's website at www.pelham.ca or at Town Hall. Please call 905-892-2607 extension 332 for additional information.**Interested in joining the Communities in Bloom Committee?**

The Communities in Bloom initiative is a Town Committee dedicated to keeping Pelham beautiful. The Committee is responsible for planning events such as Pelham's Annual Garden Tour and Community Participation Days in the Fall and Spring.

To become part of this committee or for further information please contact the Recreation, Culture & Wellness Coordinator (905) 892-2607 ext. 341.

Is your business interested in being listed in the Town of Pelham's Recreation, Culture & Wellness Guide?

If so, please be sure to fill out a business directory information card with the Town of Pelham. For an information card, please visit Town Hall, 20 Pelham Town Square - 1st Floor, or contact 905-892-2607, Ext. 315

Interested in renting the Ice? Arena Hall? Old Pelham Town Hall?

Call the Town of Pelham at 905-892-2607, Ext. 329

IMPORTANT TO DOG OWNERS

Please be reminded that Town of Pelham Dog Control By-law 97-2010 requires that any person who owns controls or harbors a dog shall remove, forthwith, any faeces (excrement) left by such dog on private or public property. Remember to be responsible! Scoop and Scoop!

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All requests for wastewater and sewer locations must be directed to Ontario One Call

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Residents of the Town of Pelham are asked to report any problems with streetlights to the Public Works Department at 905-892-2607, ext.332. The hydro utility requires that a pole number be provided when reporting the problem.

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FROM PAGE 3

MAPLE ROASTED SOY BEANS

Additive and good for you, these roasted soy beans are a crunchy, high protein snack that is super easy to make.

Makes 4 servings

1 cup (250mL) organic dry soybeans, soaked 8 hours then drained

Ground cinnamon

Fine sea salt

3 tablespoons (45mL) dark maple syrup

Preheat the oven to 350°F. Line a baking sheet with aluminum foil. Spread the soaked soybeans in a single layer on a baking sheet. Sprinkle with cinnamon and salt. Bake for 35 to 45 minutes, shaking the pan every 15 minutes or so, until the beans are crunchy. Taste for seasoning. Drizzle the maple syrup over the soybeans, and mix until they are all coated. Add additional cinnamon and salt if desired. Bake for about 3 minutes, until the maple syrup is bubbling. Cool completely.

MAPLE GINGER SNACKING CAKE WITH MAPLE FROSTING

Light, fluffy, and moist, with a big maple flavor, this gluten-free vegan cake will become a standard in your baking repertoire, and uses fruits, veggies, whole grains and unrefined sugar.

Makes a 9x13 cake For the cake:

1 cup (240mL) sorghum flour, plus more for the pan

1/2 cup (120mL) millet flour

1/2 cup (60mL) tapioca flour

¼ cup (60mL) arrowroot flour

2 teaspoons (10mL) baking soda

1 1/2 teaspoons (7mL) xanthan gum

1 teaspoon (5mL) ground ginger

1/2 teaspoon (3mL) baking powder

1/2 teaspoon (3mL) ground cinnamon

¼ teaspoon (2mL) fine sea salt

2 cups (480mL) grated parsnips

1 cup (240mL) raisins

1 ¼ cups (300mL) maple sugar

6 tablespoons (90mL) nondairy buttery spread, such as Earth Balance

1/2 cup (120mL) unsweetened applesauce

1 teaspoon (5mL) vanilla extract

1/2 cup (120mL) vegan "buttermilk" (see Note)

For the frosting and topping:

1/2 cup (120mL) nondairy buttery spread, such as Earth Balance

1/2 cup (120mL) macadamia nut butter

¼ (2mL) teaspoon fine sea salt

¾ cup (180mL) arrowroot flour

1 cup (240mL) icing sugar, sifted

¾ cup (180mL) dark maple syrup

¼ cup (60mL) candied ginger, finely chopped

Preheat the oven to 350°F. Lightly oil a 9x13-inch baking pan and dust it with sorghum flour, tapping out excess.

Put the sorghum flour, millet flour, tapioca flour, arrowroot flour, baking soda, xanthan gum, ginger, baking powder, cinnamon, and salt in a large bowl. Whisk well to combine. Add the parsnips and the raisins. Mix well.

Put the maple sugar and buttery spread in a stand mixer or large bowl. Using the stand mixer or a hand mixer, beat for 2 minutes, until creamy. Add the applesauce and vanilla extract. Mix well.

Turn the mixer to low speed. Alternately add the flour mixture and the "buttermilk" in three additions, beginning and ending with the flour mixture, until well combined. Scrape the mixture into the prepared pan, smoothing evenly. Bake for 23 to 26 minutes until the cake pulls away from the sides of the pan and a toothpick inserted in the centre of the cake comes out clean. Let cool in the pan for 10 minutes, then invert onto a cooling rack to cool completely.

To make the frosting, put the buttery spread, macadamia nut butter, and salt in a stand mixer or large bowl. Using the stand mixer or a hand mixer, beat for 2 minutes, until creamy. Add the arrowroot flour and 1/2 cup (60mL) of the icing sugar. Beat until well mixed. Turn the mixer to low speed and slowly stream in the maple syrup until well combined. Turn the mixer to medium-high speed and beat for 2 minutes. Add the remaining 1/2 cup (60mL) of the icing sugar and beat for an additional 1 minute. If you prefer a thicker frosting, you can add additional icing sugar, but it will be much sweeter.

Spread the frosting on the cooled cake, then sprinkle with the candied ginger. Serve at room temperature.

Note: To make vegan "buttermilk" for this recipe, put 1 tablespoon (5mL) cider vinegar in a liquid measuring cup. Add enough nonfat milk to total 1/2 cup (60mL). Let sit 5 minutes until curdled.

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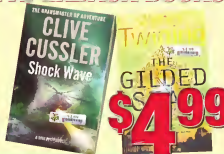
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■ **CELESTE TEMPLEMAN:** Terminally ill girl tracked down numerous celebrities

A teen's remarkable final days



Celeste Templeman

DON FRASER
QMI Agency Niagara

WELLAND — Seven weeks ago, Celeste Templeman learned her brain tumour had roared back.

Realizing there might be weeks left to live, she resolved to make her dreams come true.

"Celeste made a wish list of things she wanted to do with her time left," said her Fonthill mother Laura Lane. "We said, 'anything you want.'"

Supplied photo

Top of the teenager's bucket list were celebrities she was desperate to meet.

Comedians Robin Williams and Jim Carrey, singer Celine Dion, Dr. Who lead actors Karen Gillan, David Tennant and Matt Smith, even Oscar-winning actress Anne Hathaway were among them.

They wanted to connect too. One by one, each responded to her requests.

They Skyped, phoned and videoed greetings, chatting with the former Niagara resident as two friends would.

Anne Hathaway was so pleased meeting Celeste, they had another 30-40 minute call a week later," Lane recalled. "It was wonderful."

They talked about books, a dress Celeste made of ties. She thought Celeste was such a neat person."

Last Sunday, just before noon, Celeste, 14 died peacefully in London, Ont. with family by her side.

Celeste's story, and her mother's artwork in tribute to her, has previously in local QMI Agency Niagara.

Mom created two dozen works late at night at Ronald McDonald House in Toronto. That, to provide stress-relief while Celeste was being treated at Sick Kids.

The "Two Girls, One Prayer" series was destroyed in an arson fire at The Tossouinian Gallery in St. Catharines in February, 2012.

She plans to create fresh paintings and repaint some destroyed works for her new gallery in Fonthill.

Her mother remembers her daughter, whose inspiration flows through her intense and floral artwork, "Two Girls" was originally intended to tour several galleries, then be auctioned off as a fund-



Laura Lane painting

Celeste chose the colours for this painting.

raiser for Sick Kids.

Lane is also penning a book about Celeste's friendship with New Jersey girl Hayley, who has the same rare brain tumour, pineoblastoma.

The collaboration with Hayley's mom is titled *Two Mothers, One Prayer, Facing Your Child's Cancer* with Hope, Strength and Courage.

Celeste was born in Montreal, lived in Fonthill for a number of years, and most recently in London with her father. "A very strong-willed child, who knows what she wants, and does what she wants," said her mother. "Also very sweet and caring, and her dream was to become an actress."

Celeste would also wear ties to school just to stand out.

"Once she lost her hair to the chemotherapy and radiation, she had a wig at first," said Lane. "She only wore it for a couple of weeks, then said 'I don't care.' She wore

baseball caps and was just beautiful."

"She was also always concerned about other people, such a peace-maker and sensitive." For her Grade 8 graduation at W. Sherwood Fox in London, she even sported a fabulous dress fashioned from her beloved ties.

After the recent cancer diagnosis, Lane and her daughter found comfort from another source.

"Celeste was one of those spirits that couldn't handle the violence in the world," mom said. "The sadness and things we see touched her heart. To keep her here, in the way the world is today, would have been cruel."

"I think this was God's way of saying 'you know what...it's time for you to come home.'"

Celeste is survived by her father David Templeman, stepmother Michelle Maloney, stepfather Matt Lane and siblings Desiree Templeman, Connlan Templeman, and Grayson Lane.

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■ HOMELESSNESS

Plan could extend benefit to disabled people

JEFF BOLICHOWSKI
QMI Agency Niagara

Niagara Region's \$1.9 million "windfall" from the province should go toward helping disabled people cover their housing emergencies, staff have recommended.

Regional council's public health and community services committee will debate this week using the cash to bolster the Housing Stability Plan.

That's the one-year program council implemented last year to cover the

Community Start-Up and Maintenance Benefit, which was lost when the province gave the Region back half the funding in a more flexible format.

The plan covered Ontario Works clients, but left people who are disabled exposed.

"We targeted people on Ontario Works with the Housing Stability Plan largely because we didn't have the money to do everyone else," said community services commissioner Katherine Chislett, adding the grant changes that.

And, she said, it means the depth of the funding cut the Region suffered for 2013 has been reduced to 21%. That's an improvement on the 52% cut originally received, which was itself a correction from an 88% cut.

The province said the new funding model — the Community Homelessness Prevention Initiative — will be more flexible and help clients meet their specific needs.

Chislett said the Region hopes to maximize its use of those dollars. She said if council approves the use of the grant, 20,000 more people will be covered.

"We want to go as far as we can, maybe a little over, to ensure we're doing everything possible," she said. She said the housing plan has thus far largely mitigated the impact of the CSMB's loss. The benefit is used to cover emergency housing

needs, like last month's rent and moving.

Its loss was predicted by Pelham Coun. Brian Baty last year to be "the largest social tsunami of our

lifetimes."

"That was the seawall," Chislett said of the plan.

jeff.bolichowski@sunmedia.ca
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■ **TRIBUNE TOURNAMENT:** 'Version 2.0' lets young Cyclone team build for future

Crossley loss in bronze final has silver lining

BERND FRANKÉ
PelhamNews Staff

WELLAND — The ban on after-school sports knocked the wind out of the E.L. Crossley Cyclone, but the body blow didn't knock them out of contention for the consolation championship at the Tribune Boys Basketball Tournament.

With Jordan Ingham and Elijah Stephens the only starters to return to the lineup after the two-month disruption to the season, Crossley brought up six

players from the junior squad and formed a blended team that called itself "Version 2.0" of the 2012-13 season.

While the first version defended defending Tribune Tournament champion Centennial in the season opener and won the consolation final at The Standard Tournament, their successors on the court have been hiding their own, much to the delight of coach Doug Atchison.

"I expected that they would play hard, but what I found was

the core of the program for next year and the year after that," he said after the Cyclone dropped a 69-58 decision to A.N. Myer in the B final at one of Ontario's oldest high school tournaments.

Crossley, a double A school, was able to keep the game against the triple A Marauders from getting out of reach despite the presence of so many juniors in the lineup. Myer had the edge in shooting and on defence, but the well-conditioned Cyclone kept pace when it came to hustling, running until the final buzzer.

"Team speed, work ethic and commitment are the strengths of this team," Atchison in praising Crossley's play in this year's tournament.

Ingham, who led all scorers in the consolation final with 20 points and was selected the tournament's most sportsmanlike player, was pleased that organizers deferred the tournament rather than cancel it outright.

"It was great for the (Grade) 9s and 10s to have this experience. It was sad we lost all those starters, but the juniors were able to fill those holes," said Ingham, who was selected a second team all-star along with Stephens, who netted 18 points.

Even Simon, Myer's top scorer with 22 points and the tournament's top defensive player, didn't feel like the Marauders ended the competition as the top also-ran.



BERND FRANKÉ Staff Photo
E.L. Crossley's Elijah Stephens drives the ball past A.N. Myer's Kyhl Rusik in Saturday night's Tribune Boys Basketball Tournament consolation championship in Welland.

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Wine Garden toasted by WineMaker magazine



Ron Kozub
Brew Master

Magazine awards best of show for white wine to Fonthill businessman

The Wine Garden of Pelham winemaker, Ron Kozub, shows his best-of-show trophy and gold medal for his celebrated white wine, a 2010 Mosel Valley Gewurztraminer. It won the award in WineMaker Magazine's recent international amateur wine competition held in Manchester, Vt., in the US. The trophy, with a gold medal, is one of 13 major awards handed out by judges. The contest included 4,318 entries from 50 American states, eight Canadian provinces and seven countries.

This was the fourth year Kozub has entered wine into this competition. The normal rate of awards given in this competition is one medal for every four wines entered. The Wine Garden success rate is one medal for every two wines entered.

The Wine Garden of Pelham, works with customers who mix water and concentrate together. Ron and his staff spend the next six weeks racking, and treating the fermenting wine in their temperature controlled cellar. At the end of the six weeks, customers return to bottle their wines. A batch of wine will produce thirty, 750ml bottles of wine. It is an enjoyable experience.



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■ **SOCCER:** Fonthill athlete receives scholarship

Top kicks rewarded

BERND FRANKE
Pelham News Staff

Eagles and Jets usually don't land in the same place but that soon will be the case for two Notre Dame students.

Madison Maurice, who played travelling soccer at the with the Erin Mills Eagles, and Alexandra Klein, who showcased her skills on the pitch competing for the St. Catharines Jets, have both won athletic scholarships from the University of Alabama's campus in Huntsville.

Maurice, the daughter of Daniel and Jennifer Maurice from Fonthill, and Klein, whose parents are Joe and Pauline Klein from Welland, played soccer together with the Fighting Irish at the high school level in addition to competing at the elite level with their club teams.

The students, who both enjoyed grades of 90-plus, believe they won't have too much difficulty adjusting to the pace of the game at the Division

2 level, and each is confident they will be able to juggle the demands of athletics and academics, all while getting used to living away from home.

"It's very physical. The pace is high, really fast. It's very similar to what we played on the Jets," said Klein, who watched the Huntsville Chargers play a game against Delta State University during a campus visit to the school in north Alabama.

Maurice, whose aunt Pauline Maurice played softball for Canada in the 1986 Summer Olympics and is on the Welland Sports Wall of Fame, plans to major in biological sciences. She chose to spend the next four years in Huntsville after she came away from a visit impressed with the "fast life on the smaller campus" and with Jimmy Mitchell, the long-time head coach of the women's soccer team.

"The coach is awesome. He's down-to-earth, he's honest. It feels just like home being here. It's very safe."

Klein, who picked Huntsville from among six suitors because the school is known for its science and engineering programs, will spend her time in the classroom studying chemical engineering when she's not on the pitch generating offence for the Chargers.

Easing the transition from high school to university is the presence of Sydney Hocco and Jillian Young in the Huntsville lineup. Hocco played high school soccer at St. Francis in St. Catharines and Young at E.L. Crossley in Pelham before accepting scholarships from the University of Alabama at Huntsville (UAH). Both played with Klein and Maurice at the club level.

An all-around athlete, Klein also lettered in badminton and track and field in her four years at Notre Dame. She played clarinet on the concert band unit, before devoting her full attention to soccer in hopes of parlaying her skill into a scholarship, spent several years studying dance.

"Don't laugh, the two complement each other. Dance really helps with co-ordination," the 17-year-old said with a laugh of her own.

She inherited her love for soccer from her father, who played for coaching both his daughter and Maurice.

"He really pushed me and helped me as a coach," Klein said.

Maurice recalled being caught up in the wave of enthusiasm when youth soccer swept through Pelham.

"It was really the rage to play soccer. Everybody played," she said.

For Maurice, who is also 17, it was almost love at first touch.

"I loved having the ball on my feet and being able to make the difference."

Mitchell can see both players having an immediate impact on the women's soccer program at Huntsville. He said Maurice has the "versatility" to play a number



BERND FRANKE Staff Photo
Notre Dame students Madison Maurice, left, and Alexandra Klein will continue playing together on the soccer pitch after accepting scholarships to attend the University of Alabama's campus in Huntsville, Ala.

of positions, not just centre and midfield.

"Maddie has the chance to come in play for us from Day 1. Maddie has the vision and technical ability to help us play the brand of soccer that we are striving for at UAH."

Mitchell, who has watched Klein play for the past several years, is looking forward to adding Klein's

"knack" for scoring goals to his otherwise arsenal.

"She will definitely make us much more dangerous in the attack and on set pieces. If Aly comes into the fall season fit and ready to compete, she could make an immediate impact on our program," he said of Klein.

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AROUND TOWN

THURSDAY
MARCH 7

PASTA NIGHT
Penne, meatballs, sausage, bean medley, garlic bread, salad, deserts, coffee, tea, beer and wine. St. Alexander Fonthill Church, always the first Thursday of every month from 4 p.m. to 7 p.m. Adults \$10, children four to 12 \$5 and children free and under are free. All welcome.

MONDAY
MARCH 11

AFTERNOON MOVIE
Kick off the March Break with a Shrek party you will not forget. Put your green with us and enjoy some homemade green slime. 1 p.m. \$4. Pelham Library, Fonthill branch. All ages.

TUESDAY
MARCH 12

STORY TIME
Love Dr. Seuss stories? Come and celebrate as we read some of the funniest stories ever. For all ages, 10 a.m. \$4. Pelham Library, Maple Area branch.

WEDNESDAY
MARCH 13

MAKE WILD T-SHIRTS
Children ages six and older, or accompanied by an adult, can learn how to make crazy t-shirts at Pelham Public Library Fonthill branch at 10:30 a.m. Bring your own plain t-shirts. Decorations will be provided. \$4.

CUPEAKE CREATIONS

The ultimate cupcake decorating session with helpful hints for young bakers ages six and older or accompanied by an adult. Pelham Public Library Fonthill branch at 1 p.m. \$4 per child. Parents should be aware of potential food allergies.

SCARF MAKING

Children ages nine and over

are welcome to learn how to make a fashionable frilly scarf. Bring your own yarn and needles. Material hand-out will be provided upon registration. 3 p.m. \$4. Pelham Library, Fonthill branch.

THURSDAY
MARCH 14

ANIMAL TIME
Are you crazy for zoo animals such as lions, elephants, monkeys and snakes? Monkey around with crazy stories, crafts and "Animal boogie" by Debbie Darrah at 10:30 a.m. \$4. Pelham Library, Fonthill branch.

OWL CRAZY

Do you love owls? Come to the library and dissect an owl pellet and learn all there is to know about an owl. At 1 p.m. \$4. Ages eight and up Pelham Public Library, Fonthill branch.

FRIDAY

MARCH 15

HAM RAFFLE
and penny sale at Fonthill Lions Hall, Hwy. 20, Fonthill. 3 p.m. Pre-sale tickets \$2 each or three for \$5 and are available at Klager's Meats or any Fonthill Lion.

BABYSITTING COURSE

Training offered by the Canadian Red Cross at Pelham Public Library Fonthill branch. Course runs from 9:30 a.m. to 5:30 p.m. \$50 registration and payment is required in advance online at www.redcross.ca or call 905-680-4099 ext. 7251.

SATURDAY

MARCH 16

PASTA DINNER
At the Fonthill Lions Hall, Hwy. 20, Fonthill. Adults \$10 and children 12 and under \$6. Take-out orders and cash bar are available.

SUNDAY

MARCH 17

SOUP'S ON
Fenwick Lioness soup and bread lunch hosted from 11:30 a.m. to 1:30 p.m. A selection of homemade soups, variety of breads, dessert, coffee, tea, juice. \$7 per person. Fenwick Lions Club, 999 Church St., Fenwick.

SATURDAY

MARCH 23

CARD NIGHT
Progressive euchre night at Fonthill Lions Hall, Hwy. 20, Fonthill. Games start at 7 p.m. and features prizes, a light meal and cash bar. \$5 per person.

ONGOING LISTINGS

DROP-IN CRIBBAGE
Every Wednesday from 1:30 p.m. to 4:30 p.m. at the Royal Canadian Legion branch 613, Fonthill. Draw for partners. No charge, everyone welcome.

VOLUNTEER TUTOR

needed for the Niagara Regional Library Council in the Welland, St. Catharines/Thorold and Niagara Falls areas. Tutors work one-on-one with adults, tutoring in reading, writing, math, grammar, spelling and computer. For more info on the upcoming tutor workshop, call Pat at 905-687-8299 or e-mail pat@literacyniagara.org

BOOK SALE

At Pelham Public Library from March 5 to 9. Books, puzzles, movies and games for sale during regular library hours. Final Saturday of the sale is Bargain Day. Donations of gently-used items are now being accepted. No encyclopedias, text books and magazines.

LEGION DINNERS

Friday lunches will be served at the Royal Canadian Legion Branch 613 from 11:30 a.m. to 1 p.m.: Talbot Trail-Veterans Way, 141 Hwy 20 East, Fonthill. Feb. 22, lightly battered fish and chips, six ounce Canadian Digby fish, hand cut fries, available 11:30 a.m. to 1 p.m. and 4:30 to 7 p.m. Lunches include dessert and tea or coffee. \$10 per person.

FREE ART WORKSHOPS

Held by In the Orchard Programming for the Arts. Free Art 21 Workshops every Thursday ages 13+ (sponsored by the Ministry of Tourism and Culture). Where: The Happy Place Art Studio, 1433 Pelham St., Fonthill.

KNITTING CLUB

Work on your present project while spending time with other knitters at Pelham Public Library. All levels are welcome. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1-3.52 includes refreshments. Drop in.

MEDITATION MORNING

Marcia leads you through different types of meditations for stress relief and focus at Pelham Public Library. Great for beginners and those who have meditated before. For fun, learn what the symbols from your creative visualization mean. Bring a pen and notebook. \$3. Please register ahead. Feb. 9, Mar. 2. 9:30-11:30 a.m.

MONTHLY HEARING CLINIC

Connect Hearing will be Pelham Public Library's Fonthill branch giving free hearing screenings. They will be able to answer any questions about various hearing issues. Free but please schedule your



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appointment by calling 905-892-6068. Feb. 4, 10 a.m. to 1 p.m.

DROP-IN BRIDGE

alternate Wednesdays at Pelham library, 3 p.m. Come alone or with a friend. Refreshments.

FIBROMYALGIA MEETING

Every second Tuesday through June at Rapelle Lodge, Plymouth Rd., Welland. For more information call Vicki 905-384-2294. Support, understanding and open discussions.

COMPUTER WORKSHOPS

and one-on-one training are available at Walfrid Township Public Library Monday, Wednesday and Friday afternoons. Please call the library at 905-899-1277 for more details and to book an appointment.

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SCRABBLE FOR LITERACY

The Niagara Regional Literacy Council will be holding the 8th annual Scrabble Fund Raising tournament on April 26 at the Parkway Convention Centre in St. Catharines. There will be a cash bar, hot/cold buffet, penny table, silent auction, 50/50 draw and door prizes. Tickets are \$35 each or \$200 before March 15 or \$210 after March 15 for a team of 6. Call 905-687-8299 to reserve your table.

WELLAND FRIENDLY CLUB

seniors bingo, every Wednesday at 1 p.m. at Wesley Union Church, 244 First Ave. N. Everyone welcome.

WELLAND RIVER KEEPERS

meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.



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